

**LIVING
THE
GOOD
LIFE**





A PRAYER

O God, giver of life,
Reshape my life,
So that I become like your Son
I give you my life, because
He gave me his.
Fill me again
With your love.
I pray this
In Jesus' name.
Amen.

IMAGINE WHAT YOUR LIFE COULD LOOK LIKE IN 5 OR 10 YEARS TIME.

How could life be different if you started today to become the sort of person you were created to be. Are you living your life the way God wants you to live it? Or, to put it a different way...

Are you living the good life?

This booklet is all about changing our lives. But it's not about changing our circumstances – it's about a much deeper change than that. The goal is to see the sort of change that only God can bring. Real life change.

All through history, people have used a particular set of practices in their lives which have helped lead to genuine life change. Some people call these practices 'spiritual disciplines,' 'rules of life' or 'patterns for living.'

Quite simply, they are tried and tested ways of getting to know Jesus more and seeing the sort of transformation that only God can bring. That's why, as a church, we're going to spend 2019 developing these practices and patterns to help us live the good life.

At Christ Church, our heartbeat is to help people become fully devoted followers of Jesus Christ, here in Surbiton and further afield. We are convinced that the closer we live our lives to Jesus, the more we can help others to follow him. Whether we have just started following Jesus, or have been following him for many years, there are always next steps for us to take. Our prayer is that you'll join us as we continue on this journey together.

TABLE OF CONTENTS

08. Setting the scene

12. Community

22. Fasting

32. Celebration

42. Resources



HOW TO USE THIS BOOK

This book will follow a similar pattern for each of the spiritual practices that we are going to explore together:

1. Preparation

This practice may be new to you or it may be a regular part of your discipleship. Whichever it is, some time spent in preparation will reap rewards. We have provided a few key questions to help you prepare so that you can make the most of the practice.

2. Study

For each of the practices there are three bible studies that follow the sermons preached on Sunday at our services.

- **Listening to Jesus:** We begin each practice by listening to the teaching of Jesus
- **Learning to follow:** We then look at how the practice has been lived out by the first Christians.
- **Loving the lost:** The third study then looks at the practice in the Old Testament, focussing on how the practice helps us care for those who are not yet following Jesus.

3. Next steps

Discipleship is an intentional commitment to follow Jesus. So, as we look at each practice, we will take time to think about the next steps we might take.

4. Journal

Writing down the thoughts and prayers that come to us is a great way to make sure that we remember them. Whether or not you already keep a journal, we've left space after each practice for you to jot down the things you believe God is saying to you, any key ideas that stand out to you, or ideas for how you'd like to take the practice further.

LEARNING STYLES

Each of us will take next steps in different ways. We want to encourage you to take time to process the practices in ways that will be helpful and creative for you. So, at the end of each study and practice, we'll have some suggestions for how you might be able to take what you're discovering further.

We're told that part of the greatest commandment is to love God with all our heart, soul, mind and strength, but different parts of this might come more or less naturally to us. If you want to discover how you're wired to love God, you might find the 'Making Disciples' resource helpful (see Further Resources, p.43).



For thinkers

Part of the life of a disciple is to have our minds renewed so that they become more Christ-like. If you're primarily a thinker, then this will be an area that comes naturally to you. You'll enjoy wrestling with deep thoughts, considering information carefully and discussing ideas with others.



For feelers

To be a disciple means to take on the character of Christ, growing in love, peace, patience and more. If you're mainly a feeler, then you'll find it natural to engage with your emotions and deeply-rooted character. Processing how your heart is responding, journeying with others and dreaming about what God might do will all come naturally.



For activists

A disciple of Christ doesn't just believe the right things – they also work to do the right things. If you're mainly an activist, then you'll want to put what you're experiencing into practice. Trying a new spiritual practice, serving others and testing the truth of something new by doing it will be how you best go further.



SETTING THE SCENE

***“WITHIN EACH OF US EXISTS
THE IMAGE OF GOD, HOWEVER
DISFIGURED AND CORRUPTED
BY SIN IT MAY PRESENTLY BE.
GOD IS ABLE TO RECOVER THIS
IMAGE THROUGH GRACE AS WE
ARE CONFORMED TO CHRIST.***

Alister McGrath

INTENTIONAL DISCIPLESHIP

For anyone who wants to follow Jesus there is a decision to make: are we ready to make the commitment to put Jesus ahead of all the other people and things that call for our attention? When the first disciples encountered Jesus, he gave a simple yet profound call: "Come, follow me!"

This call to follow Jesus continues through the generations and comes to us powerfully today in 2019. We may not have to leave our fishing nets, but there may well be other things that we do need to leave behind if we are serious about following Jesus. There will certainly be a challenge to keep Jesus constantly at the centre. Discipleship is intentional. It doesn't just happen. We grow as disciples as we intentionally follow Jesus.

BIBLE READING

Mark 1:14-20

1. When did you start to follow Jesus? Can you point to a particular time, or would you say that it was more of a gradual process of turning to Jesus? How has your life changed because you decided to follow Jesus?
2. Read Mark 1:14-20 and think about what it might have meant for these first disciples to follow Jesus. What might have changed for them? What would they have left behind? What were they committing themselves to?
3. Think about the things that compete for your time, attention, money and heart. Which of these is good? Which might you need to leave behind so that you can follow Jesus wholeheartedly?
4. What steps could you take to follow Jesus more closely over the coming weeks? Take some time to think and pray about these things.

GRACE

Every disciple knows that Jesus calls us to be his disciples only because of God's grace: the undeserved favour of a God who is generous beyond all we can imagine. In Jesus, God has taken everything that counted against us in his eyes and now looks at us as he looked at Jesus. He sees us as righteous and fault-free. This is amazing grace!

Even if we understood grace when we started following Jesus, it's easy to slip back into thinking that we can impress God by our efforts. We can start to believe that God will find it easier to accept us if we pursue Jesus more. As soon as we do this, we undermine the firm foundation of grace. God loves us because of who He is, not because of what we do.

BIBLE READING

Ephesians 2:1-10

1. Take a moment to consider the things that you have achieved in your life and the things that you rely on for your self-esteem. Where can you see God at work through these things?
2. Read Ephesians 2:1-10. Make a list of all the different things that God has done for you. What security does this give you?
3. Read these verses again. Why has God done these things for you? What would you say is God's purpose for your life?
4. Take some time to thank God for his goodness to you. Pray that you can find a deeper trust and sense of wonder in this.



COMMUNITY

**“WHEN WE BECOME CHRISTIANS,
WE ARE AMONG BROTHERS
AND SISTERS IN FAITH. NO
CHRISTIAN IS AN ONLY CHILD.**

Eugene Peterson

THE PRACTICE OF COMMUNITY

Whether we know it or not - and whether we like it or not! - the moment we become a Christian, we become a member of the Christian church. We might not have signed a membership card or made any practical commitment to other people, but straight away we become part of the worldwide family of God.

It's a deeply humbling and seriously exciting truth. And it's one that's worth thinking carefully about - which is why it's our first spiritual practice.

It's in community that we grow, as people encourage us and challenge us. It's in community that we serve, using the gifts God has given us and allowing others to bless us with the gifts God has given them. It's in community that we proclaim a powerful message to a world that desperately needs to see true community modelled.

Eugene Peterson puts the challenge directly to us: "So the question is not 'am I going to be part of a community of faith' but 'how am I going to live in this community of faith?'"

Let's prepare to step into the spiritual practice of community. Let's be ready to think about the ways that we can engage more deeply with the people that God has given us to bless and be blessed by. Let's be ready to pray that God will be glorified in the ways that we connect with the people around us.

It's difficult to practice being in community alone! At Christ Church, we're a community made up of smaller communities called Small Groups. To explore joining a Small Group, go to ccsurbiton.org/smallgroups or email office@ccsurbiton.org.

BE READY. YOU CAN'T PRACTICE COMMUNITY ALONE! FIND A SMALL GROUP THAT YOU COULD BE A PART OF AS YOU EXPLORE THIS PRACTICE.

BE REALISTIC. ENTERING INTO COMMUNITY IS ONE OF THE MOST POWERFUL, YET CHALLENGING THINGS WE CAN DO AS DISCIPLES. PRAY FOR GOD TO HELP YOU ENTER HEALTHILY INTO COMMUNITY.

BE PREPARED. INSTEAD OF ARRIVING RUSHED AND EXHAUSTED TO YOUR SMALL GROUP, TRY TO CARVE OUT TIME SO YOU CAN ARRIVE WELL.

BE ALERT. LOOK OUT FOR SOMEONE WHO IS IN NEED OF COMMUNITY, AND REACH OUT TO THEM.

BE LOVING. SEND A MESSAGE TO SOMEONE THAT YOU ALREADY HAVE A RELATIONSHIP WITH TO TELL THEM THAT YOU VALUE THEM.

BE PERSISTENT. COMMUNITY IS RARELY EASY TO BEGIN WITH. GIVE YOUR GROUP TIME TO GROW TOGETHER.

1. COMMUNITY: LISTENING TO JESUS

BIBLE READING

John 17:20-26

1. Think about the times when you have known good experiences of community with other Christians. How would you describe them?
2. Sadly, sometimes we can have difficult experiences of church communities. What can cause these troubles?
3. Read John 17:20-26. What are the different things that Jesus is praying for?
4. It's fairly mind-blowing that Jesus is praying for us to know and experience the love that exists within the trinity. How do you think you can know this more? And how might you be able to share this love with others more?
5. Look again at the verses. Why do you think that Jesus was praying this prayer? What will be the results of a healthy church community?



NEXT STEPS

Make a list of 7 key people that you'll be with this week. Commit to pray for one person a day, asking for Jesus to be at work in their lives and your relationship.

2. COMMUNITY: LEARNING TO FOLLOW

BIBLE READING

Acts 2:42-47

1. Can you bring to mind someone who is always overflowing with generosity? What does it feel like to be around them?
2. Read Acts 2:42-47. The hallmarks of these first followers of Jesus are listed in verse 42. What might each one have looked like in practice?
3. Verses 43-47 paint a vivid picture of the way this community of disciples functioned. What might it have felt like to see this community in action? What result is described for us?
4. In what way are these attributes counter-cultural for us today? How might this different way of living impact the culture around us?
5. Take some time to pray that the communities at Christ Church that you are part of will demonstrate more of the kingdom of God. Listen to how God may be wanting you to grow as a disciple.



NEXT STEPS

The church is called to live in a radically distinctive way in the world, but to do so we need to understand the world of which we are a part. Listen to the 'This Cultural Moment' (see Further Resources, p.42) to further explore our cultural context.

3. COMMUNITY: LOVING THE LOST

BIBLE READING

Zechariah 8:1-23

1. Can you identify something that you are really looking forward to in the future? Try to finish the sentence: "I'm looking forward to... because..."
2. Read Zechariah 8:1-23. The prophet gives a series of pictures of what will happen in the future when God comes. Look through each of the pictures and share the one that resonates with you.
3. Each of these pictures are pointers to what the community of the church should be like now, but they're also a foretaste of what the new creation will one day be like. In what ways is the church beginning to fulfil the promises that God made through Zechariah?
4. This prophecy gives the people of God a very clear outward focus. God has given us a calling to be a blessing to the lonely, the hurting, the vulnerable people around us. Brainstorm some ways that you think your group or the church as a whole could be better at being a blessing to people around us.



NEXT STEPS

Take one of the practical steps you have identified and find a way for your community to do it in the coming weeks.

NEXT STEPS



For thinkers

In our studies, we explored communities at different stages in the biblical story – the community around Jesus, the community of the early Church, and the community of God's people in the Old Testament. Dig deeper into each of these communities, looking for what each different stage teaches us about what it means to be the people, the family and the representatives of God.



For feelers

One of the greatest blessings we can offer to those we are in community with is to let them know that they are known and loved. Write a message or call someone you care for to tell them the ways in which you love and appreciate them.



For activists

Organise a meal for your community to get together and get to know one another better. Alternatively, invite someone out for a coffee and get to know them better one-to-one.

FASTING

“FASTING TAKES US INTO A PLACE OF DISCOMFORT, IN WHICH WE HAVE THE CHOICE TO REACH OUT TO GOD IN TRUE VULNERABILITY.”

Jo Swinney

THE PRACTICE OF FASTING

The strange thing about fasting is that there isn't anywhere in the New Testament where the followers of Jesus are told that they must fast. So, this is a spiritual practice that you don't have to take up. What a relief! Or is it?

Although there is no direct command for us to fast, there are plenty of references to fasting throughout the Bible. In fact, there are so many that we would be wise to look more carefully before we put this practice to one side.

Dallas Willard explains that fasting "teaches us a lot about ourselves very quickly." It shows us how much our sense of well-being depends on physical and bodily pleasures. It shows us all our addictions and allows us to challenge the hold they have on us.

When we fast, we have the opportunity to turn the hunger or emptiness that we feel into a more wholehearted dependence on Jesus. Fasting can help us pray, it can help us to live a more disciplined life and it can help us understand something of the challenges that people with few resources face every day.

We live in a world that bombards us with opportunities to be well fed and satisfied with stuff. Fasting is a way of walking a different way. As John Piper puts it: "Ultimately we fast simply because we want God more than we want anything this world has to offer us."

There may be all sorts of physical, emotional or mental reasons why it may be unwise to practice fasting at this point in your life. Remember that practices are opportunities for discipleship, not commands or requirements. Consider whether the right next step for you is to seek medical advice, or to pray with someone about how best to be healthy and a follower of Jesus at this time.

BE KIND. FASTING ISN'T ALWAYS THE RIGHT DECISION FOR US. ALLOW YOURSELF TO PRACTICE FASTING WHEN IT IS HEALTHY FOR YOU.

BE ORGANISED. FIND A TIME IN THE COMING WEEKS THAT YOU COULD REALISTICALLY PRACTICE A FAST AND MARK IT IN YOUR DIARY. THEN MAKE A LIST OF THE THINGS YOU'D LIKE TO USE THAT TIME TO PRAY FOR.

BE REALISTIC. DON'T TRY AND FAST FOR THE FIRST TIME FOR AN ENTIRE WEEK! INSTEAD, START SMALL WITH A HALF-DAY FAST.

BE PRAYERFUL. WHEN YOU FAST, USE IT AS A PROMPT AND OPPORTUNITY TO SPEND TIME WITH GOD IN PRAYER.

BE OPEN. EXPECT FOR GOD TO USE THIS PRACTICE TO SPEAK TO YOU. HAVE A PLACE THAT YOU CAN TAKE NOTE OF THE THINGS YOU HEAR HIM SAY TO YOU.

1. FASTING: LISTENING TO JESUS

BIBLE READING

Matthew 6:1-18

1. If you did something that you thought was impressive, would you be content or frustrated if no one knew what you had done? Why?
2. Read Matthew 6:1-18. Jesus gives three examples of spiritual practices where we often want other people to notice what we are doing. Look at each one in turn. Why might seeking approval from other people be a problem?
3. In each example, Jesus says that God 'will reward you.' Read Deuteronomy 8:1-5. How much are you aware of your need for God? What signs could you point to in your life that you are looking first to God for all that you need?
4. Think about what sort of practice of fasting might work for you. If it is not appropriate for you to fast from food, what else could you fast from so that you can depend more fully on God?
5. Reflect on the things that are important to you. Pray that God will give you a hunger for him that is deeper than anything else you desire.



NEXT STEPS

Dive deeper into this topic by reading 'A Hunger for God' by John Piper. Download it for free at <https://www.desiringgod.org/books/a-hunger-for-god>

2. FASTING: LEARNING TO FOLLOW

BIBLE READING

Galatians 5:16-26

1. Can you think of a time when you were tempted to do the wrong thing, but chose to do the right thing? How did it feel at the time? How did you feel at the end of it?
2. Read Galatians 5:16-26. Paul teaches us that the follower of Jesus will always face battles. When we fast, we engage more deeply in that battle. Where do we face these battles today?
3. Look again at the fruit of the Spirit in verses 22-23. Which ones do you think might be missing in your life at the moment? Which ones can you see evidence of in your life?
4. In what ways are you encouraged by this passage? In what ways are you feeling challenged?
5. Pray that you would be able to live by the Spirit this week. Think about all the events you have this week and pray for each of them specifically.

NEXT STEPS

Identify a time and way in which you could practice a fast over the next couple of weeks. Put it in your diary and commit to it.

3. FASTING: LOVING THE LOST

BIBLE READING

Isaiah 58:1-14

1. How do you feel when something turns out to be too good to be true? Identify some times when this has happened.
2. Isaiah 58 is a chapter of two halves. Read verses 1-7 and then after a pause read verses 8-14. How would you summarise the difference in tone of the two halves?
3. The people who were fasting (verses 1-7) might have looked impressive on the outside, but what was wrong on the inside? In what ways might we slip into similar problems?
4. Make a list of all that God calls his people to do and the encouragements they'll receive (verses 8-14). What steps could you take to put some of these things into practice?
5. Share with your small group one of the ways in which you have been challenged to change.



NEXT STEPS

Take some time to find out who is helping the hungry and oppressed in our local area. See what you can do to support them practically or financially.

NEXT STEPS



For thinkers

There are many things in our lives that can get a grip on our hearts, taking the place that only God should occupy. It might be food, money, leisure, relationships, or something else. Spend some time identifying what might have a hold in your life and commit to practicing a fast from it in the next few weeks.



For feelers

The practice of fasting can often make us painfully aware of those areas in which our own characters are lacking and don't yet look like Jesus'. Put aside 15 minutes to sit quietly in prayer and ask God to highlight those areas, make you aware of his grace and forgiveness, and fill you with his transforming power. Share what you experienced with someone you trust.



For activists

When we become aware of the over-abundance in our own lives, it can draw attention to the need or poverty in the lives of others around us. As you become aware of needs in your communities or our area, come up with one concrete way in which you could serve someone else who is lacking.



***“HOLY DELIGHT AND JOY
IS THE GREAT ANTIDOTE
TO DESPAIR AND IS A
WELLSPRING OF GENUINE
GRATITUDE.***

Dallas Willard

CELEBRATION

BE JOYFUL. WE HAVE SO MANY THINGS TO BE THANKFUL FOR. MAKE A LIST OF REASONS YOU HAVE TO CELEBRATE, OR WRITE THEM ON POST-ITS AND PUT THEM AROUND YOUR HOUSE.

BE BOLD. EVEN IF YOU'RE IN A DARK TIME, ASK GOD TO BE WITH YOU AND ENABLE YOU TO CELEBRATE IN THE MIDST OF PAIN AND STRUGGLES.

BE TOGETHER. SHARE WITH YOUR COMMUNITY THE THINGS YOU HAVE TO CELEBRATE, SO THAT YOU CAN ENCOURAGE ONE ANOTHER.

BE REAL. CELEBRATION ISN'T ABOUT PUTTING A FAKE SMILE ON. IF YOU'RE IN A PLACE WHERE IT IS DIFFICULT TO CELEBRATE, SHARE THAT STRUGGLE WITH SOMEONE.

BE INTENTIONAL. SHARE WITH SOMEONE SOMETHING THAT YOU'RE GRATEFUL TO THEM FOR. TURN THIS MOMENT OF THANKS INTO A MINI-CELEBRATION!

THE PRACTICE OF CELEBRATION

A good party is good for the soul. It's good to be with friends, to have something to celebrate and to have fun together. It lifts us out of despair and gloom and gives us a sense of joy and gladness.

Followers of Jesus are not always seen as the first people to throw a party and celebrate and that is strange when you stop to think about it. The Old Testament is full of examples of celebrations, both planned and spontaneous. Jesus seemed at home at weddings and parties. The Apostle Paul calls us to rejoice always.

The best celebration is rooted in the character and works of God. We see this in the goodness and mercy of our loving, and faithful God, in the ways that God works to meet our deepest need of forgiveness and to provide for our daily needs. All these are reasons to celebrate.

Our celebrations can also be evangelistic and prophetic. That is, they declare the truth about God to a world that hasn't yet found out how good God is. They overflow with the joy of knowing and being known by our heavenly Father. They look forward to the greatest celebration of all: the new heaven and earth.

So, this is an exciting spiritual practice to embark on. It's not a practice of abstaining from something, but one of engaging. It will be good for your soul – and hopefully for the souls of others too!

1. CELEBRATION: LISTENING TO JESUS

BIBLE READING

Luke 15:1-32

1. What would you say are the vital ingredients of a great party?
2. Read Luke 15:1-32. Jesus tells three powerful every day stories. What similarities can you see between them?
3. Each of the stories has someone who is actively seeking something that is lost. Jewish Rabbis would have agreed that God would welcome a sinner who was penitent. Jesus shows us deeper into the nature of God: he is actively searching for the lost. What is your reaction to this?
4. Look again at the scope of the celebrations (verses 7,10, 22-24). How does this inspire you to celebrate the lost being found?
5. Chapter 15 begins and ends with a warning not to miss out on the wonder of what God is doing. The Pharisees couldn't cope with Jesus meeting with the lost and the older brother couldn't cope with his brother being welcomed back. How might this be a warning to us?



NEXT STEPS

Think about the people that you know who are no longer lost but have been found by God. Thank God for finding them. Next, write a list of 5 people that you want to see be found by God. Commit to praying for them every day.

2. CELEBRATION: LEARNING TO FOLLOW

BIBLE READING

Philippians 4:4-9

1. There are so many different things that can stifle joy and celebration in our lives. What are the most common ones that you encounter?
2. Read Philippians 4:4-9. Paul teaches that joy is not a transient experience but rather something that we can know at all times. How do you think this is possible?
3. Tom Holladay says: "Joy is found on the other side of a difficult decision to trust God." Think of an area in which you need to trust God more. What are the steps in these verses that we can take that will help us experience joy and celebration?
4. Richard Wurmbrand was imprisoned and tortured in Romania for 14 years for his faith in Jesus, but learned to dance for joy while he was in prison. How do you think you could cultivate a deeper sense of joy in the middle of the pressures that you face?
5. Take some time to pray for yourself and others. Along with prayer for God to bring relief, pray for the ability to rejoice.



NEXT STEPS

Learn Philippians 4:6-7 by heart and meditate on it each day this week.

3. CELEBRATION: LOVING THE LOST

BIBLE READING

Isaiah 55:1-13

1. How do you feel when you go to pay for a meal or a ticket and find that someone else has paid for you already? How would you feel if there was no way that you could afford it?
2. Read Isaiah 55:1-13. What are the great pointers in this chapter that God is going to do more than rescue just the people of Israel, but that he is going to do something for the whole world?
3. Isaiah is writing prophetic poetry. He's looking ahead to what God will do and he's using all the images he can find to convey the awesome reality of what will happen. Which images stir a sense of joy in you?
4. There is a clear sense in this chapter that people on the outside are being invited to come in. How do you think that we can be more fully involved in this work that God is doing now?
5. Pray for people you long to come in, that they would discover how good God is.



NEXT STEPS

Bring blessing and joy into someone else's life through a 'random act of kindness.' You could pay for someone's shopping, send someone a loving message, or organise to clean someone's house for them.

NEXT STEPS



For thinkers

There are often specific questions that are a barrier for people coming to faith in Christ. Think about – or ask! – what those questions might be for the people you want to see be found by God. Work out how you could begin to engage with that question.



For feelers

Reach out to someone in your life that you know is in a season where it is difficult to celebrate. Come alongside them with love and understanding in order to be a source of God's blessing for them.



For activists

Find something that is worth celebrating in your life, in the life of a loved one or in the life of your community. Throw a party to celebrate what has happened!

FURTHER RESOURCES



To keep up-to-date with all the talks from the *Living the Good Life* series and for further resources and information, keep an eye on www.ccsurbiton.org/livingthegoodlife.

You'll find a digital version of this handbook on the website.

There are many other resources available on the practices and patterns in the *Living the Good Life* series, but here a few that you may find particularly helpful:



PODCAST

Listen to John Mark Comer and Mark Sayers as they discuss the uniqueness of our contemporary age and share why distinctive lives are so necessary in today's world.

This podcast has very helpful 20-minute episodes that will inform and inspire.

www.thisculturalmoment.com

WEBSITE

A very helpful website with some useful resources to help you live a well lived life. From Bridgetown Church in Portland, these resources give an insightful background to the practices and realistic ways to adopt them into your life.

www.practicingtheway.org



WEBSITE

Making Disciples is an extensive set of resources for the follower of Jesus. With dozens of blogs, an online tool for discovering your 'discipleship shape' – are you a thinker, feeler or activist? – and accompanying books, Making Disciples is a great place to start your journey of living the good life.

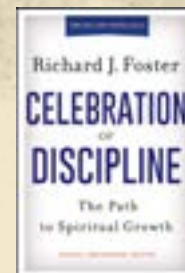
www.wearemakingdisciples.com



BOOK

God Hunting by Jo Swinney

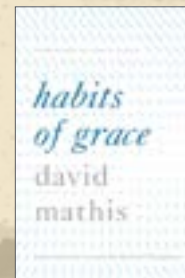
Many at Christ Church will know Jo Swinney, the author of *God Hunting*. This book tells Jo's honest and personal story of engaging with the spiritual practices. *God Hunting* will give a wonderful insight into the difference these practices can make.



BOOK

Celebration of Discipline by Richard Foster

Celebration of Discipline is a classic book on the spiritual practices. Each chapter explores the history and theology around a spiritual discipline, alongside offering ways you can step into practicing them yourself. It is a great resource for going deeper.



FREE DIGITAL BOOK

Habits of Grace by David Mathis

A helpfully written book on the various practices with a clear emphasis on grace and actually enjoying Jesus. Rather than the focus being on what I must do, the author helpfully centres on what God has done.

Available free from:

<https://www.desiringgod.org/books/habits-of-grace>

**WHAT WOULD YOUR
LIFE LOOK LIKE IF IT
WAS AS GOOD AS IT
COULD BE?**

**WHAT MIGHT YOUR
LIFE BE LIKE IN 5 OR 10
YEARS TIME?**

**IS CHANGE REALLY
POSSIBLE?**

**JOIN US FOR AN
ADVENTURE OF
LEARNING TO LIVE THE
GOOD LIFE.**



8 Christ Church Road, Surbiton, KT5 8JJ

E: office@ccsurbiton.org | T: 020 8390 7215

WWW.CCSURBITON.ORG